

Statistics Report 35130, Mush, blue corn with ash (Navajo) [a](#) [_](#)

Report Date: July 16, 2017 03:28 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--|------|-------------------|----------------|------------|------|------|-----|----|----|-----------|--|---------|------------------|
| Proximates | | | | | | | | | | | | | |
| Water 1 _ | g | 86.67 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Energy | kcal | 54 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Energy | kJ | 226 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Protein 1 _ | g | 0.66 | 2 | -- | 0.51 | 0.81 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |
| Total lipid (fat) 1 _ | g | 0.49 | 2 | -- | 0.42 | 0.56 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |
| Ash 1 _ | g | 0.44 | 2 | -- | 0.43 | 0.45 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |
| Carbohydrate, by difference | g | 11.74 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| Fiber, total dietary 1 _ | g | 1.1 | 2 | -- | 0.7 | 1.4 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |
| Sugars, total 1 _ | g | 0.19 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |

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|--------------------------------------|------|-------------------|----------------|------------|------|------|-----|----|----|-----------|--|---------|------------------|
| Sucrose 1 | g | 0.19 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Glucose (dextrose) 1 | g | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Fructose 1 | g | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Lactose 1 | g | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Maltose 1 | g | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Galactose 1 | g | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Starch 1 | g | 8.08 | 2 | -- | 7.92 | 8.24 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca 1 | mg | 96 | 2 | -- | 73 | 118 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |
| Iron, Fe 1 | mg | 2.92 | 2 | -- | 1.88 | 3.96 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |
| Magnesium, Mg 1 | mg | 20 | 2 | -- | 18 | 22 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |

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|--|------|-------------------|----------------|------------|------|------|-----|----|----|-----------|--|---------|------------------|
| Phosphorus, P 1 | mg | 39 | 2 | -- | 37 | 41 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |
| Potassium, K 1 | mg | 58 | 2 | -- | 57 | 59 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |
| Sodium, Na 1 | mg | 8 | 2 | -- | 4 | 12 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |
| Zinc, Zn 1 | mg | 0.76 | 2 | -- | 0.35 | 1.17 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |
| Copper, Cu 1 | mg | 0.048 | 2 | -- | 0.04 | 0.05 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |
| Manganese, Mn 1 | mg | 0.305 | 2 | -- | 0.2 | 0.41 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 04/2004 |
| Selenium, Se 1 | µg | 0.9 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid 1 | mg | 0.0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Thiamin 1 | mg | 0.020 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Riboflavin 1 | mg | 0.015 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |

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| Niacin 1 | mg | 0.283 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Pantothenic acid 1 | mg | 0.078 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Vitamin B-6 1 | mg | 0.049 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Folate, total 1 | µg | 4 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Folate, food | µg | 4 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Vitamin E (alpha-tocopherol) 1 | mg | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Tocopherol, beta 1 | mg | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Tocopherol, gamma 1 | mg | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Tocopherol, delta 1 | mg | 0.00 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Vitamin K (phylloquinone) 1 | µg | 0.0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |

Lipids

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|------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| Fatty acids, total saturated | g | 0.074 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| 8:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 10:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 12:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 14:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 15:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 16:0 1 | g | 0.056 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 17:0 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 18:0 1 | g | 0.014 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 20:0 1 | g | 0.002 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |

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| 22:0 1 | g | 0.002 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Fatty acids, total monounsaturated | g | 0.109 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| 14:1 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 15:1 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 16:1 undifferentiated 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 17:1 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 18:1 undifferentiated 1 | g | 0.108 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 20:1 1 | g | 0.001 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| Fatty acids, total polyunsaturated | g | 0.208 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 04/2004 |
| 18:2 undifferentiated 1 | g | 0.202 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 18:3 undifferentiated 1 | g | 0.006 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |

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| 18:3 n-3 c,c,c (ALA) 1 | g | 0.006 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 18:3 n-6 c,c,c 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 20:2 n-6 c,c 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 20:3 undifferentiated 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |
| 20:4 undifferentiated 1 | g | 0.000 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 04/2004 |

Flavonoids

| | | | | | | | | | | | | | |
|---|----|-----|----|----|---|---|----|----|----|----|----|----|----|
| Proanthocyanidin | | | | | | | | | | | | | |
| Proanthocyanidin dimers 2 | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Proanthocyanidin trimers 2 | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Proanthocyanidin 4-6mers 2 | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Proanthocyanidin 7-10mers 2 | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Proanthocyanidin polymers (>10mers) 2 | mg | 0.0 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD

²Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521

Footnotes

^a Serving weight is based on limited samples and may vary widely.